

# Characteristics and Research Progress of Hemp Seed Oil

Hemp is an annual mulberry plant, also known as hemp, linen, hemp, cold hemp, Quema and so on. It can be divided into three kinds: fiber, medicinal and seed. It is planted all over China. Historical documents and archaeological data prove that China is the earliest region to cultivate and process cannabis, which has a history of more than 3000 years.

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Cannabis plays an important role in human history. It is an important raw material for clothing, paper, food, rope and so on. With the development of cotton processing industry and chemical fiber industry, cannabis production has gradually shrunk. In addition, cannabis was once banned because of its unique psychoactive substance, tetrahydrocannabinol. In recent years, many countries have developed non-toxic (low toxic) industrial cannabis, and people attach importance to the sustainable development of resources. The cannabis industry has begun to recover. Currently, Canadian, Australian, European Union countries, Russia and Asia allow the cultivation of industrial cannabis.

Cannabis seed oil contains essential fatty acids and natural active ingredients, which endow it with unique functional characteristics and meet the current demand for healthy diet. It can be used as a new type of functional oil resources for development and utilization. Canadian and European companies have developed

cannabis seed oil products, including edible oils, human skin care products and so on.

Cannabis seed oil can not be extracted without [cannabis seed oil machine](#).

Cannabis seed has a long history of consumption in China and other regions. The theory of "medicinal and food homology" in traditional Chinese medicine reflects its edible and medicinal value. In Zhou Li, it is called "hemp, wheat, millet, bean" as five grains, and "hemp" is hemp seed. "Compendium of Materia Medica" records that "hemp seed supplements Qi, long-term health is not old". In addition, cannabis seed is one of the plant resources of "both food and medicine" published by the Ministry of Health. In the famous longevity town of Bama, Guangxi, cannabis seed, as the main food for local residents, is closely related to people's longevity.

The development and utilization of hemp seeds not only plays an important role in the development of hemp industry, but also provides a food resource with rich nutritional value for people. At present, there are few studies on it at home and abroad. The characteristics of cannabis seed oil were summarized and some useful suggestions were put forward.

At present, the research of cannabis seed oil is still in its infancy. China has abundant variety resources and vast consumer market. It should take the initiative in the research and product development of cannabis seed oil. It is suggested that research should be carried out in the following three aspects: the preparation technology and storage stability of cannabis seed oil; the active ingredients of cannabis seed oil. Research and nutritional function evaluation, application of cannabis seed oil in food and development of functional food.